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How bad is the Giants O-line? Really bad. 27





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WELCOME TO METRO.US

JOE PANTORNO. SPORTS EDITOR

You don't need to be an analyst to realize that the New York Giants' defensive line is one of the worst, if not the worst, in football. However, it's always been difficult to quantify just how good or bad a line is, given the lack of stats designated to the position. Pro Football Reference has changed that as their grades of every player at each position provides an even further in-depth look at America's most popular sport. Needless to say, the Giants' offensive line would not be passing if these grades were on a report card. How low were the scores? metro.us

TRUMP ADMINISTRATION SUED OVER BORDER WALL

California filed a lawsuit over the Trump administration's plan to construct a wall along the border with Mexico, adding to the obstacles facing one of the Republican president's key campaign promises. President Donald Trump has insisted Mexico would pay for building the wall, which experts said could cost about \$22 billion and take more than three years to complete. With Mexico refusing to pay, Trump has said since taking

office in January that the wall will initially need U.S. funding but that he will find a way to make Mexico ultimately pay for it. Democrats in the U.S. Congress, however, firmly oppose the border wall, and at least some Democratic senators would need to vote for its inclusion in a spending package. Democratic attorneys general including California's Xavier Becerra have sued the Trump administration on a range of issues.

REPUBLICANS TO VOTE ON HEALTHCARE NEXT WEEK

Senate Republicans announced plans to vote next week on their latest bid to scuttle Obamacare even as a popular comedian who has become part of the U.S. healthcare debate denounced the bill and former President Barack Obama on Wednesday warned of "real human suffering." President Donald Trump, who has expressed frustration at the Senate's failure thus far to pass legislation to

replace Obama's signature legislative achievement, said "47 or 48" Republican senators already back the new bill, which needs 50 votes for passage in the 100-seat Senate that his party controls 52-48. "We think this has a very good chance," Trump, who made replacing Obamacare a top campaign promise last year, told reporters during an appearance with Egypt's president in New York.



AG JEFF SESSIONS SAYS MARIJUANA STILL ILLEGAL

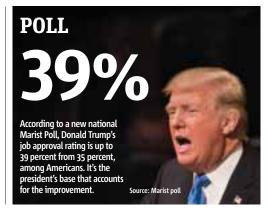
U.S. Attorney General Jeff Sessions criticized the legalization of marijuana in multiple states and warned that the federal law banning use and sale of the drug "remains in effect," remarks that could stoke fears of a federal crackdown. "I've never felt that we should legalize marijuana," Sessions said in response to a question from a reporter during a press conference in San Diego announcing record-

breaking narcotics seizures by the U.S. Coast Guard in fiscal 2017. "It doesn't strike me that the country would be better if it's being sold at every street corner," he said, adding that medical organizations oppose it and federal law prohibits it. Since taking over the helm of the Justice Department in February, Sessions has made drugs, violent crime and illegal immigration his three top law enforcement priorities.

FACEBOOK TO ADD MORE HUMAN REVIEW TO ADS

Facebook Inc. will add
"more human review
and oversight" to its adbuying system, Chief Operating
Officer Sheryl Sandberg said
on Wednesday, responding to
rising criticism that automated
processes have allowed people
to buy discriminatory ads.
Sandberg said in a post on her
Facebook page the company
would have more manual review
of the targeting options it gives

advertisers, a change that she said would strengthen the system after a report Facebook had allowed advertisers to market to self-described "Jew haters." ProPublica, a non-profit news organization based in New York, reported last week that it was possible to buy Facebook ads targeted to people who, on their Facebook profiles, had listed anti-Semitic topics in their field of study or work.



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Face ID on the iPhone X is a new way to unlock and authenticate your phone. PROVIDED BY APPL

Experts: Apple's face recognition could present privacy concerns

With new technology comes new concerns about privacy, and the iPhone Face ID is the latest to spark those worries.



Apple news always makes waves, but the recently announced Face ID feature struck a particular chord with experts concerned about privacy implications.

One fear voiced again and again was the possibility that police could gain access someone's phone without their direct permission, simply by holding it up to their face.

Apple says that Face ID won't work if your eyes are closed, or your face is turned away, or you hold up a picture. But still, this new tech is sure to change more kinds of protocol than just how you check your texts.

Brett Kaufman, an attorney with the ACLU Center for Democracy, said that with new tech like this, privacy laws constantly become a new ball game that requires new rules.

"This is a different version of a similar problem that was introduced when these phones started having the thumbprint unlocking," he said. "There are two sets of issues presented by this technology: Fourth and Fifth Amendment issues."

The majority of court rulings concerning the Fourth, which protects against unreasonable searches and seizures, and the Fifth Amendment, which includes the right to remain silent, were made in a pre-digital world, Kaufman said.

The courts are adapting, but slowly. Some courts have ruled that a thumbprint ID is not the same as providing testimony – meaning anything police find on your phone if unlocked that way is not the same as you verbally communicating the information.

Now, Face ID will be another issue for courts to consider. Though Kaufman is hopeful the rules will adjust – "I think technology has been, for the last 25, 30 years, a real driver in changes for the law," he said – it will just take time.

Face ID could also be the first foray into a world full of face scanning, which concerns Kaufman.

"Part of that's on the public, part of it is on us and part of it on technology companies to educate people about consequences of this," he said. "One thing we definitely want to avoid is [people thinking], 'I use facial recognition to unlock my phone, what's the big deal if they want to take everybody's picture when they get on a plane."

Those are very different situations, Kaufman said, and even if face scanning doesn't always have the same implications, using your face to unlock your phone could make you think having your face scanned is never a big deal.

Jonathan Frankle, a PhD student at the Internet Policy Research Initiative at MIT, said that in general, face recognition poses a number of privacy concerns, but it depends on how it's deployed.

In this case, he thinks it may actually make phones more secure, but other uses pose problems, like if police use the technology to track people via security cameras.

Still, that potential future use is not Apple's fault, but just how technology evolves.

"For any technology like this, there are ways of using it to improve privacy and to erode privacy," Frankle said. "The fact that this is a question people are asking, even if in this case it's 'no,' reassures me that we as a society are being vigilant about how facial recognition is rolled out."





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"We're here to send a strong message to Trump and the Republican Congress that we expect to protect DACA recipients, we expect to protect them and their family members," City Council Speaker Melissa Mark-Viverito told the media before

Council Speaker Mark-Viverito, Congress members arrested at Trump Tower DACA protest



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"It was worth it," the City Council speaker said afterward.



NIKKI M. MASCALI @NikkiMMascali nikki.mascali@metro.us

New York City Council Speaker Melissa Mark-Viverito and three members of Congress were arrested outside Trump Tower Tuesday night during a protest demanding protection for immigrant minors.

Earlier this month, the Trump administration announced it was ending the Deferred Action for Childhood Arrival, aka DACA, which protected immigrant minors known as Dreamers who entered the U.S. illegally with their parents.

President Donald Trump ordered Congress to revamp the Obama-era program within in the next six months, giving nearly 800,000 Dreamers who currently participate in the program an uncertain future that may include deportation.

"We're here to send a strong message to Trump and the Republican Congress that we expect to protect DACA recipients, we expect to protect them and their family members," Mark-Viverito told the media before her arrest.

Shortly after, the Council speaker and three Congress members — Adriano Espaillat of New York, Luis Gutierrez of Illinois and

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Español!

Raul Grijalva of Arizona — were taken into custody for sitting in the middle of Fifth Avenue outside Trump Tower.

A video posted to the City Council website shows Mark-Viverito and the U.S. reps staging the sit-in as a police recording over a loudspeaker repeats, "Since you have refused to leave the roadway, you have been placed under arrest on the charge of disorderly conduct."

The footage then shows the speaker being led to a police transport vehicle in handcuffs.

Mark-Viverito, who has participated in civil disobedience actions in the past, told Metro Wednesday she was in custody for about five hours. "I've been taken into custody before, but I don't remember it taking five hours."

But in the end, it was worth it, she said.

"You go through the action, and it's important with an issue that has such widespread support such as DACA, to continue to put pressure. We felt it was important to join the advocates," Mark-Viverito added.

On Thursday from 2 p.m. to 3 p.m., City Council, the New York Legal Assistance Group and advocates will take part in a DACA town hall on Twitter to discuss how its repeal may impact participants and how they can go about getting free legal assistance in renewing their application, which needs to be in by Oct. 5 for a two-year renewal.

"We're here to send a strong message to Trump and the Republican Congress that we expect to protect DACA recipients..."

City Council Speaker Melissa Mark-Viverito

New York City planning Hurricane Maria relief efforts for Puerto Rico

With its Puerto Rican population currently around 700,000 people, Hurricane Maria is certainly hitting close to home as many still have family on the island.



NIKKI M. MASCALI @NikkiMMascali

Hurricane Maria is leaving a path of devastation in her wake across Puerto Rico, New York City is mobilizing relief efforts.

City officials will hold an emergency meeting at 4 p.m. Wednesday to figure out the best course of action, City Council Speaker Melissa Mark-Viverito told Metro.

"We're bringing to-gether officials to see how we can map out a coordinated effort, whether it's donations or mate-rial products," she added. "Separately, the mayor and I have been discussing personnel that could be sent and how quickly, which is dependent on when they can get to the island."

With its Puerto Rican population currently around 700,000 people, Hurricane Maria is certainly hitting close to home as many still have family on the island, including Mark-Viverito.

She had been in frequent contact with her mother for several hours

"We're bringing together officials to see how we can map out a coordinated effort ..."

City Council Speaker Melissa Mark-Viverito

throughout Wednesday morning but lost contact with her well before

"She seemed fine, she was safe," she said of their last contact.

Just before 1:30 p.m., a spokesman from Gov. Ricardo Rossello's office reported that the entire island of Puerto Rico is "100 percent without power."

Earlier, spokesman Carlos Mercader told CNN that "this is total detestation. Puerto Rico, in terms of the infrastructure will not be the same. ... This is something of historic proportions.

The effects of Hurricane Maria on Puerto Rico has been intense. She made landfall near Yabucoa with 155 mph winds, according to the National Hurricane Center, which weakened to 140 mph by 11 a.m., though she remained a Category 4 hurricane.

Such a strong storm has become commonplace in recent weeks, with Hurricane Harvey hitting Texas and the Gulf Coast at the end of August. That storm brought record rainfall and catastrophic flooding throughout the region, and displaced tens of thousands and killed at least 83 people.

Just days later, Hurricane Irma caused major damage in the Caribbean and the Florida Keys, killing at least 101 people in its wake.

"Between and Irma, there's a lot at one time, and that puts a strain on federal resources, so we have to try to make sure we don't get overlooked," Viverito said.

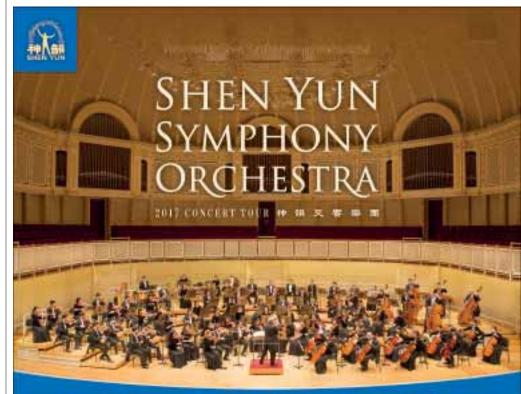
What New Yorkers can do to help "will be determined at meeting," she added. "We want to know what is the most effective way and any collection we do is stuff that is truly needed, like batteries and water. We have to be very focused, and with this and Mexico, we want to do a lot in a short period of time.'

The speaker was referring of course to the 7.1 magnitude earthquake that hit Mexico City on Tuesday that killed at least 217 people and destroyed dozens of buildings.

earthquake came on the heels of an 8.1 magnitude quake that struck the country's coast two weeks ago.



Residents of Puerto Rico handle destruction from Hurricane Maria GETTY IMAGES



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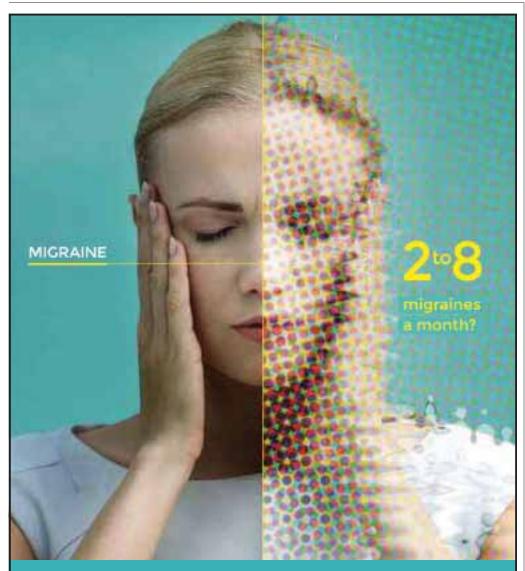
"Really out of this world! If I had to describe it, the words might be 'divine', 'reborn' and 'hope'."

-Christine Walevska, Master cellist



Chick-fil-A to open huge, but narrow, New York City restaurant

Chick-fil-A will open its largest restaurant in New York City in 2018. CHICK-FIL-A



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The Fulton Street Chick-fil-A will be 12,000 square feet but just 15 feet wide and will offer unimpeded views of One World Trade Center.



Chick-fil-A fans in New York City will soon be able to savor the chain's chicken while enjoying sweeping views of One World Trade.

The chain announced it will open its largest location ever at 144 Fulton St. in 2018. It will be 5 stories tall and 12,000 square feet, but just 15 feet wide — the narrowest eatery the company has built.

Since the restaurant will sit less than half a mile from the 9/11 Memorial, the company paid homage to Ground Zero by designing glass windows with elements built into the facade that give a "subtle impression of the Twin Towers — one on each side of the restaurant."

The Atlanta-based fast-food company currently has two other locations in New York City. Last year, New York City Mayor Bill de Blasio called on New Yorkers to boycott the company due to its CEO's open disapproval of same-sex marriage. That push, however, proved unsuccessful.

Chick-fil-A's new downtown location came with unique challenges, according to a company spokesman, but nevertheless, Chick-fil-A is promising a comfortable experience for customers, complete with a rooftop terrace and skylights.

"We pushed ourselves to break into new ways of thinking and try innovative solutions we've never implemented before," said Nathaniel Cates, design manager for restaurant development at Chick-fil-A. "We are always thinking about how to make the dining experience feel as comfortable as possible for our customers."

The Fulton Street MTA station will be located next door to the new Chick-fil-A, a juxtaposition that Cates said will preserve customers' view of One World Trade Center.

"No one will ever build on top of it," Cates said. "That means our guests will always have the same views of Freedom Tower. That was another advantage of the building that we were grateful to have."



What is Graham-Cassidy, and why should you care?

Fast facts about the Republicans' lastditch attempt to repeal Obamacare.



Republicans in the Senate are making one last push to repeal the Affordable Care Act. They're under pressure because the Senate parliamentarian has ruled that Sept. 30 is the last day they can do so under a process called reconciliation, which is tied to next year's budget and requires only 50 votes for passage; starting Oct. 1, 60 votes and Democratic cooperation will be required. They are considering a repeal bill called Graham-Cassidy.

Why is it named Graham-Cassidy?

For the bill's authors, senators Lindsey Graham (R-SC) and Bill Čassidy (R-LA).

What does it do?

It would convert federal health insurance funding into block grants for individual states. Each state can then set up whatever gram they want. At the same time same time, it would cut tens of billions of dollars in funding to Medicaid. It would undo Obamacare's key protections: Insurers would no longer be required to sell insurance to those with pre-existing conditions, lifetime coverage limits will be allowed, and companies could offer insurance that doesn't cover things like maternity care or mental

Why are people for it? "Here's the choice for America: socialism or federalism," said Graham, warning his bill is "the only process available to stop a march toward socialism" and that it gives states more flexibility.

Some see pure politics: President Donald Trump remains fixated on repealing Obamacare and has taken his party to task for not doing so. Republicans have promised their constituents they would repeal it. "If we do nothing, it has a tremendous impact on the 2018 elections," Sen. Pat Roberts (R-KS), told Vox. "And whether or not Republicans still maintain control and we have the gavel."

Why are people against it?

It undoes Obamacare's protections mentioned above, winds down the Medicaid expansion and defunds Planned Parenthood.

A complete Congres-Budget Office sional score will be not be available by Sept. 30, so it's unclear how much the program would cost, how high premiums would be, or how many people would lose insurance. Tens of millions of people would have lost insurance under previous Republican proposals, and some analysts consider this bill more severe.

Several major groups have come out against the bill, including the American Medical Association and AARP. Last night, Jimmy Kimmel - whose son was born with a heart defect, leading him to make an emotional monologue about the right to health care before the last repeal attempt failed — called Cassidy a "liar" and told him to stop saying that Graham-Cassidy passes the "Jimmy Kimmel test."

A bipartisan group of 10 governors signed on to a letter urging the Senate not to consider Graham-Cassidy and resume work on a bipartisan solution.

Will it pass?

This is unclear. Senate Majority Leader Mitch McConnell is unlikely to bring it to the Senate floor unless he has 50 votes in favor. Sen. Rand Paul (R-KY) has dismissed it as "Obamacare lite" and Sen. Susan Collins (R-ME), who is opposed to Medicaid cuts, is also a hard "no."

Republicans can only afford one more "no' vote. Sens. Lisa Murkowski (R-AK) and John McCain (R-AZ) — who, along with Sens. Paul and Collins, dramatically sank the last Republican effort — are not committed either way.

If the bill does pass the Senate, House Speaker Paul Ryan (R-WI) has said the House will pass it as well.

What then?

If the House passes the bill, it will become the law of the land. If it fails, look

for bipartisan efforts to resume. In their committee, Sens. Lamar Alexander (R-TN) and Patty Murray (D-WA) have been working on a bipartisan plan to shore up the Obamacare



Sen. Lindsey Graham has co-authored the Republicans' latest attempt to dismantle Obamacare. GETTY IMAGES



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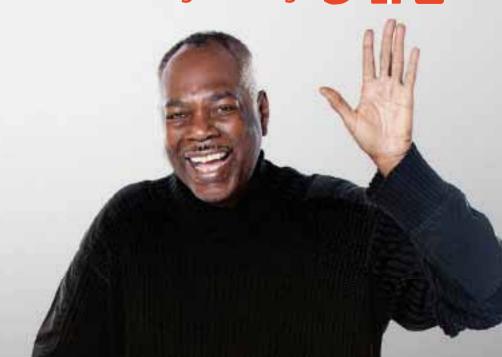
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You really can be allergic to exercise

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These are all things that happen with intense exercise or an allergic reaction, but having an allergy to exercise? That's just what people say to get out of a workout. Or is it?

of a workout ... or is it?
While it's true that some people might fake a serious illness to get out of physical activity, there is such a thing as an exercise-induced allergy attack. And it's no laughing matter.

"My eyes were watering, I was having trouble breathing," Joe O'Leary told Popular Science of an allergic reaction he experienced during a post-workout meal in 2015. "In another five minutes I was struggling to breathe. I looked behind me into the mirror, and my eyes were swollen — every part of my face was swollen."

He quickly sought medical attention and found that he has exercise-induced anaphylaxis, or a reaction that only happens when combined with exercise. In O'Leary's case, he can experience a life-threatening reaction if he eats tomatoes, pepper, soy or nuts after a workout.

The good news? It only happens to about 50 out of every 100,000 people and it's pretty easy for doctors to diagnose. The

bad news: There's no real explanation as to why it happens.

"There are a variety of things that it might be," Maria Castells, an allergist at Brigham and Women's Hospital told Popular Science. "And for a proportion it's nothing, really, just the exercise itself."

Food is the common trigger, but exercise-induced anaphylaxis can also be caused by weather conditions, hormones and medicines like ibuprofen and aspirin. Low-impact activities — like house cleaning and yoga — are as likely to trigger a reaction as high-intensity workouts, but fitter people typically need more exercise than an unfit person to have an attack.

You'll be pretty aware of a reaction because symptoms — including hives, nausea, swelling, cramps, diarrhea, coughing and wheezing — come on strong and fast. And, like other allergic reactions, there's a chance it could be fatal if not treated.

Treatment for exercise-induced anaphylaxis is usually administered via an EpiPen. It's also a good idea to cut out triggers, too. O'Leary did: He no longer eats tomatoes or nuts at all — better safe than sorry.

"There are a variety of things that it might be ... and for a proportion it's nothing, really, just the exercise itself."

Maria Castells

How to help Mexico after Tuesday's devastating 7.1 magnitude earthquake

On Tuesday, a 7.1 magnitude earthquake devastated Mexico, with the death toll rising to at least 217 people killed and many buildings destroyed.

This disaster, which hit near Mexico City, came on the heels of an 8.1 magnitude earthquake that struck off Mexico's coast less than two weeks ago. The country, residents and emergency personnel in the area, already attempting to recover from one natural disaster, are now reeling as the attempts to find survivors are underway.

You can help the Mexican Red Cross's first aid and disaster relief efforts with either a monetary donation or by directly buying items in need through Amazon. The Mexican Red Cross has opened a wish list on Amazon.com.mx and the company will deliver the products directly to the Red Cross. You can also donate money here to help the overall efforts, which include more than 500 volunteers and staff who were activated in the hours immediately following the earthquake.

Project Paz, a New York-based nonprofit that helps Latino children, has partnered with the El Paso Community Foundation to facilitate earthquake relief in Mexico. You can donate online here and 100 percent of the donations will



Searching continues for people in a collapsed Mexico City building, GETTY IMAGES

go to help earthquake victims in Chiapas and Oaxaca, according to the nonprofit.

Oxfam, an international confederation, is highlighting its Mexico branch for donations and is activating earthquake response in the country. Oxfam's goals after disaster strikes are to "minimize and alleviate the suffering of people affected by humanitarian crises, to save lives and increase communities resilience to future disasters," according to its website.

Organizations par-ticularly aimed at helping children are calling out for donations in the wake of the disasters. At least one of the collapsed buildings was a primary school in which more than 20 children and two adults were found dead, and from which another 30 children and 12 adults are missing.

UNICEF Mexico has called this earthquake the

"biggest disaster we have experienced this decade,' and is asking for donations in order to help support children and aid their return to school. UNICEF's focus in Mexico is to ensure that children and adolescents there are guaranteed their rights, including education, protection of all children, including migrants, against violence, sexual exploitation and child labor, and addressing public policy concerning poverty, nutri-tion, HIV/AIDS and other inequalities.

You can also donate to Save the Children, which has served kids in Mexico since 1973 with education, health, hygiene, nutrition, emergency response and more. Save the Children is on the ground in the vulnerable communities.

Mexican Actress Ana Breco also started a Go-FundMe page that had raised nearly \$27,000 in 12 hours on Wednesday.

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By Matt Edgar America's Health Writer

Arthritis sufferers can't get it fast enough and doctors offering it can't keep up with the demand. "Results are better than even I anticipated" noted one of the treating docs at the *NY Pain MD* Center for Non-Surgical Medical Relief Of Spine And Joint Pain with two locations right here in NYC.

He was referring to their innovative arthritis treatment program featuring Advanced Image-guided "Visco-Supplementation" at the conveniently located clinics..

"The response continues to be overwhelming. Once patients found out there was an FDA cleared, doctor-administered arthritis treatment that actually works — without the side effects of oral pain pills or risks of replacement surgery — and has enough scientific research that it is covered by many insurances and even Part B medicare — the offices continue to be deluged with arthritis pain sufferers wanting to find if they,too, can be helped. And newer research indicates it can help hips,ankles and shoulders as well".

What Is This Treatment And How Does It Work?

If you are suffering with knee (or other joint) arthritis and pain, you are not alone. Degenerative joint disease or "arthritis" affects 21 mil-lion Americans and typically involves the weight bearing joints – like your knees. According to the American College of Rheumatology, nearly 70% of people over the age of 70 have x-ray evidence of the disease (and the ranks of much younger victims of this progressive disorder continue to grow significantly).

The worst thing is: Arthritis can be devastating. The pain can keep you up at night and

make getting out of bed and moving around a daunting task. The pain and stiffness can suck all the happiness and joy right out of your life

And up until now, treatment options have not been that good...or that appealing to most patients. The basic protocol has been a steady diet of toxic

pain pills until your joints completely wear out and then it's time to surgically replace the knee joint.

But Now Things Have Changed

Osteoarthritis is a joint disease that mostly affects the cartilage. Cartilages the tissue that covers the ends on bones in a joint. When healthy, cartilage allows bones to glide smoothly over one another and acts as a shock absorber. Your" normal" knee also contains a small amount of fluid called synovial fluid. This synovial fluid is a thick, gel-like solution that cushions and lubricates the joint—much like oil lubricates the engine of your car.

In osteoarthritis, the synovial fluid loses it's lubricating properties and "dries up" allowing the cartilage to break down and wear away. This is *like running your car with little or no oil*. Now as you attempt to use your knee(s), there is not enough lubrication causing the bones to grind together resulting in pain, swelling, stiffness and the joint continues to wear out. This is a vicious cycle and can lead to bone-on-bone rubbing and excruciating pain. Pain pills do NOT lubricate the joint or fix the problem. They simply mask the pain so you do not feel the pain as your joints continue to deteriorate. The eventual repercussions of this are obvious.

"Visco" Is Very Different

And here is why: It contains hyaluronate, one of the two natural lubricating agents found in your own synovial fluid. Viscosupplementation is precisely introduced directly in to your knee joint in a series of 3-5 treatments (depending on severity) over a 4 to 6 week period. This instantly cushions the joint, reduces friction and allows greater motion with less pain or no pain at all in some

cases.

This treatment not only lubricates the joint, but it acts as a shock absorber helping reduce grinding, inflammation and pain. Here's something very important to consider: Even though these lubricating medicines are non-toxic natural substances and are NOT considered a drug, it is NOT something you can get at your local health food store. It is scientifically researched and produced by pharmaceutical companies, FDA cleared and can ONLY be

administered by a qualified Doctor.

What's Results Can You Expect?

According to one developers and manufacturers of these special gel medicines ...
"A course of treatment —will relieve pain in a majority of patients for 6 months without the safety concerns of non-steroidal anti-inflammatory drug (NSAID) therapy. In many patients, the effect is likely to last even longer than 6 months."And the best part is: Since these gel lubricants are natural substances; they can be used over and re over when necessary without risk. If it works for you, you may be able to look forward to years with less pain.

Who Should Consider Viscosupplementation... Where Can You Get It And...When Should You Start?

You should certainly consider The *NY Pain MD* method if you have been diagnosed with knee arthritis or told you need a knee replacement. If you have not been diagnosed with arthritis but have either knee pain, stiffness, swelling, difficulty walking or climbing stairs or loss of motion in the knee—you should have an examination to determine what the cause of your problem is. If you have any of those issues mentioned, there is a very good chance you already have-or are starting to get arthritis.

Very Important – Do Not Wait - Here's Why ...

Studies indicate that if the arthritis is caught soon enough, the cushioning effect of the treatments c may be able to help the knee heal and possibly, slow the arthritis thus help avoid joint replacement surgery. In other words, the sooner you start – the better. Does the procedure hurt? A local anesthetic is given to numb the area and the procedure is virtually painless. Most patients say it feels like nothing more than a slight"pinching" sensation... that's it.

Why Treatments At NYC Pain MD Are So Extremely Precise

Our doctors are particularly well-trained in a state-of-the-art digital fluoroscopic imaging - also known at Precision Arthritis Targeting - which allows them to see directly inside the joint during the procedure and get the natural cushioning medicine exactly where it needs to go. This makes sure treatments have the best possibility for maximum success. This is crucial because studies indicate that when doing these types of procedures - without digital imaging - it can miss the

Read This If You Have Already Had Treatment Without Good Results

Even if you've failed Synvisc, Supartz, or other arthritis programs or had "blind" procedures, good results may still be possible

when using *NY Pain MD* methods utilizing Precision Arthritis Targeting Technology (P.A.T.T).

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whelming demand as news of it's impressive results spread across NYC and Tri-State Area

joint space up to 30% of the time rendering the treatment outcomes less effective.

How To Check Out This Breakthrough Treatment And See It Is Right For You For FREE

All the doctors at NY Pain MD are extremely excited about the response and results with this wonderful treatment and would like to share it with as many arthritis sufferers as possible.

Here's How To Get A Free Screening at NYC Pain MD

Simply call 877-503-3720 and when Aura, Travis or Priscilla answers the phone tell them you want your No-Obligation "Knee Pain Screening". Discover if The NYC Pain MD Program can ease your knee arthritis pain like it has already done for so many others.

NYC Pain MD 57 West 57th & 65 Broadway 877-503-3720 www.PAINMDNY.com

But There Is A Problem...

Even though this advanced treatment can help many patients, it is not a wonder cure or a magic wand. It does not help everyone. For that reason, every potential patient should have a complete examination. You will only be accepted if we feel you are most likely to get the pain relief and outcome you are looking for.

That's why NY Pain MD would like to invite you to come in for a knee arthritis screening at no cost to see if you actually are a candidate for comprehensive evaluation and possible treatment. All you have to do is call 877-503-3720 right now and when the scheduling coordinator answers the phone, let them know you want to schedule a "NY Pain MD **Knee Pain And Arthritis Screening.**" They will know exactly what you are talking about and schedule you for our first time available. Dur-ing this time you can get all of your questions answered in a warm, friendly environment and begin to find out if the NYPain MD protocol is right for you. But if you would like to do this, you should call right now. The demand for this procedure has been overwhelming with hun-dreds calling weekly. Since our doctors cannot possible screen everyone and we always make sure to give every single patient the personal attention they deserve, we have to limit these encounter. Therefore, the number of No-Cost,



No Obligation screenings is limited to just 20. But... just imagine how it would feel to have much, if not all, of your knee pain finally gone. Imagine going to bed and being able to reason, if when you call, the lines are busy or you sleep through the entire night – and waking up refreshed and energized... ready to take on the brand new day ... without the arthritis pain that's been terrorizing you and ruining your life. And imagine finally knowing you have a treatment to manage the pain caused by your knee arthritis. Well, you may not have to just "imagine" any more... because our specialized medical regimen could be the No-Obligation screening and consultation, call to answer you've been looking for. If you'd like speak to one our scheduling coordinators. to find out - at no cost to you - if we can help, simply give NY Pain MD a call at 877-503-3720 right now. Why wait one more day in pain when you may not have to? Call now before some one else get's your spot.

One More Thing & This Is Important...

Ever since offering this innovative treatment, our office has been flooded with calls. For that get voice mail... just keep calling back. The possibil-ity of living pain-free is well worth the effort it may take to get through to NY Pain MD schedule your No-Cost, No-Obligation screening.

And don't forget: The special treatments are covered by many insurances and even Part B medicare for qualified candidates. To schedule your





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Witches are casting spells on Trump to stop him from harming people

But all Tucker Carlson wanted to know was whether they actually use eve of newt.



MICHAEL MARTIN @MetroNewYork

Fox News host Tucker Carlson interviewed a self-described witch on his show to ask about binding spells she and other witches had placed on President Donald Trump, and the whole thing went off the rails.

'President Trump doesn't do what people expect him to do. Is he being unpredictable?" Carlson declared at the beginning of the segment, "Or could there be another cause perhaps a magical one?"

Carlson then asked his guest Amanda Yates Garcia - a witch, tarot-card



Fox News host Tucker Carlson has questions for witches. GETTY IMAGES

reader, energy healer, "shamanic practitioner" and "magical life coach" who has dubbed herself the "Oracle of Los Angeles" — about the spell she and other witches had cast on Trump to prevent him from harming others.

"I desire that Trump stop harming people that I care about and instituting policies that also harm Garcia said.

Carlson followed up by

asking if eye of newt was an actual ingredient.

"I think the real problem is not whether or not eye of newt is an actual ingredient," Garcia replied "The real problem is we're about to have some kind of big nuclear extravaganza with North Korea. The real problem is that we're punishing immigrant children. The real problem is that we're causing stu-dents to go into debt."

Ever the conservative, Carlson asked if there were any federal regulations on casting spells.

Garcia replied that a spell is a symbolic action with meaning, and those are rife in government. Why would people care whether people saluted the flag or sang the national anthem?" she said. 'That's also symbolic action, and symbolic action has power.'



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Rachel & Hayden are done

Rachel Bilson and Hayden Christensen two people you may not know exist - have broken up, and so far, there is nothing salacious

about it. The couple had been together for nearly 10 years, but reportedly have been on the outs for a couple of months. "She's fulltime

back in L.A. He's in Toronto," an insider confirmed to UsWeekly. They are completely, officially done." Aw, man. The "Hart of Dixie" alum met the guy that

ruined Darth Vader

and picks someone

the dude Chuck



Here's hoping she makes like ex-boyfriend Adam Brody (who is married to "Gossip Girl" star Leighton Meester) from "Gossip Girl" to shack up with next. May I suggest who played

Aaron Paul is proud



Aaron Paul and his wife are expecting a baby, y'all. They announced the news via Instagram because, I don't know, that's just what celebrities do nowadays. I don't ask questions, I just roll my eyes.

"Hey everyone. Look what I did," the 38-year-old wrote underneath a picture of wife Lauren Parsekian gestating in real time. Or we could look at what your wifey is going to do for the next nine months, but I don't know. I'm just a woman with a reproductive organs.

"Words can't express how excited I am that this little one has entered our lives. Just thought it was time I would share this beautiful news with all of you." OK!

Paul and Parsekian have been married for four years. Earlier this summer, he told People that they weren't even thinking about a family. "There's no rush into anything. So if it happens, it happens.

Well, I guess it happened.

Halle's new beau

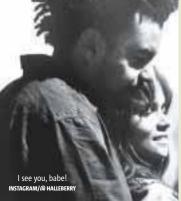
Ugh. They couldn't even

Halle Berry has found her newest victimslash-boo thang. I see you, girl!

The 51-yearold (I know, right?) stepped out with music producer Alexander Grant professionally known, for some reason, as Alex Da Kid — for a romantic date night Tuesday in London.

Da Kid -- as I guess I should call him — 35, is a Brit himself, and

DR. KEVIN ENDE, MD



has worked with the likes of Dr. Dre, Eminem and Rihanna.

A source tells People the two seem "smitten," but it's a little early to be taking bets, if you know what I mean. "They met over the summer," the source said. "It's rather new. He has tremendous success in his own right. . She's having a lot of fun." OK!

Their appearance together comes shortly after they made things what the kids call Instagram official.

Let's hope things go a bit better this time,

Fergie says pretending is hard

Last week Fergie, 42, and Josh Duhamel, 44, announced that they had stopped doing the whole marriage thing earlier this year, after eight years of wedded bliss and four years of hanging out with their son, Axl.

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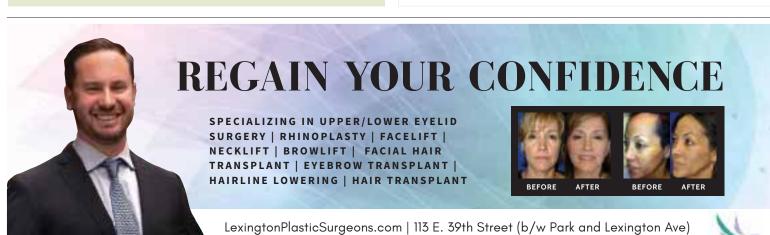
Thankfully, Fergie is making the rounds for her new album and dishing on all that time they were pretending to still be together. "Honestly, it was just getting a little weird for us with all the romantic questions,"

'We're great friends we love each other so much, and it just got to the point where it was getting a little weird."

Their break up appears to be amicable, so far. But it seems it was a long time coming, feel me?

They have been leading separate lives for a long time," an insider told People. "They clashed for a long time before they did anything about it.

Ah, irreconcilable differences. A tale as old as time.



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Why 'Victoria & Abdul' makes the Empire look ridiculous

Eddie Izzard and Stephen Frears talk to Metro about the absurdity of the monarchy.



Stephen Frears had never heard about Queen Victoria's friendship with Abdul Karim before reading Lee Hall's script for "Victoria & Abdul." But even after doing so, telling their story wasn't the legendary director's main attraction to the film.

"I thought the jokes were very fun if I'm being honest. It made the Empire look ridiculous. And that's what I loved, it just made me laugh at the Empire," Frears admitted during a recent discussion about comedy-drama, which hits US cinemas on September 22.

Eddie Izzard, on the other hand, was just delighted to be working with two titans of English cinema, especially as his character Bertie, Prince Of Wales, had to go toe-to-toe with Judie Dench's Queen Victoria.

"I was being asked if I'd like to star in a Stephen Frears film oppo-



site Judi Dench, so the story could have been about walking around in circles and I would have done it," Izzard said.

'It was out of my comfort zone, but I was happy to do it. Especially because we were shooting in Oxford House, which Victoria built with Albert, and is where she died. It was the first film to ever be allowed to shoot in Osborne House," the actor shared.

After running 27 marathons just before production, Izzard, who is widely regarded as one of the finest British comedians of his generation, had to put on 27 kilos to play the part. (That's roughly 60 pounds.) But he was quickly put at ease by Dench, who Izzard insists has a "great sense of humor," and has thoroughly embraced the "teenage girl inside her.'

Much like Frears, Izzard was attracted to "Victoria & Abdul" because of the absurdity of the monarchy in that era. "It's shot in such a beautiful way showing the crazy opulence of the food that Judi is inhaling all the time. It's not a happy monarchy. Maybe modern monarchy, what with Diana and what Charles has brought to the table and what the kids are doing will make it survive, but hereditary privilege is just a nonsense in this century," Izzard opined.

Frears holds both Queen and Victoria Elizabeth Queen II in high esteem, though. The latter was the topic of the filmmaker's 2006 drama "The Queen," which starred Helen Mirren, who won

the Academy Award for Best Actress for her role. "I think Queen Victoria was really a classy woman. When we made 'The Queen,' the only person that we really liked was the Queen. In a sense we have been really lucky to have two Queens like that, who are capable of seeing the problems with a situation, and are more intelligent than you expect."

It's an affection that's present throughout "Victoria & Abdul," even if those involved

in the film couldn't help but poke fun at the pomp and pageantry of it all.





Lady Gaga is scared of dying alone, too

Counting the most genuine moments from "Gaga: Five Foot Two."



"Gaga: Five Foot Two" does pretty much exactly what you think it's going to do: It works hard to strip away all of Lady Gaga's extra, leaving you in awe of her massive talent. And it does something else too: it manages to make a wealthy A-lister slash pop star eerily relatable.

The documentary follows a year in the life of the 31-year-old, from creating her album "Joanne," to her performance at the Super Bowl LI halftime show. And it makes you wonder: Are

these stars always on? Is Gaga, an innate performer, doing just that? The Netflix film, premiering Sept. 22, doesn't offer a definitive answer, but the "Million Reasons" singer manages to come off as candid and earnest in bits and pieces.

Here are the most genuine moments from "Gaga: Five Foot Two."

When she admits she's scared to be alone In one of her most emotional breakdowns, Gaga—one of the world's most successful, most talented artists—ties every moment of her professional success with losing a man she loved. It's heartbreaking, but so, so relatable.

The frank portrayal of her fibromyalgia Gaga also deals with chronic pain from fibromyalgia throughout. Watching her deal with the pain is raw and hard to watch.

When she dents Mark Ronson's car

Mark Ronson should get second billing in "Gaga." He's chill, charming and supportive of Gaga throughout. Even when she inadvertently dents his car.

When she hangs with her grandmother

Gaga wants her grandma to be into an early cut of title track "Joanne" — dedicated to Gaga's aunt who died from lupus complications at age 19 — so badly, it's slightly uncomfortable. Seeing Gaga here, desperate for approval, is one of the realest moments of the film.

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things to do

Chicago

What made you want to try it out?

Michelle L'amour

I've been doing it for about 15 years, but it was all an accident really. I was asked to choreograph a burlesque show since I have a dance background. I said yes, without knowing what I was saying yes to. Then I heard the music and knew exactly what to do - what I had been doing in my bedroom for years!

What makes for a successful burlesque act? I like when there is some thought, creativity and innovation in the act. I have seen, and still see, A LOT of burlesque — I like to be surprised and interested from start to finish.

Why do you love being a burlesque performer?

I love the challenge of combining dance with the artistry of striptease. I love coming up with different ideas for costuming and how to take that costuming off. I love to surprise and engage the audience. Onstage is where I'm most comfortable.

What do you want people to understand about burlesque? It takes a lot of luggage to

WHERE TO EAT, DRINK & PLAY



Baring their souls

The stars of the New York Burlesque Festival offer insight into their world. EVA KIS

New York City's annual Burlesque Festival twirls, shimmies and scintillates its way to town Sept. 21-24, with five shows featuring the best acts from around the world. Events range from free to \$75, with tickets on sale now at thenewyork burlesquefestival.com. As a warm-up act for what's to come, we asked several performers to tell us how they got into burlesque, why they love it and what you need to know about their art.





Angie Pontani New York City

How long have you been doing burlesqué?

I started in burlesque in the mid-1990s when there was a teeny-tiny fledgling scene beginning to develop in NYC. We weren't even calling it burlesque then!

What made you want to try it out?

I found my home in the chameleon type of art that burlesque offers. You can take virtually anything and create a show around it. One day I'm glamorously creeping out of an oversize oyster shell, and the next I'm a bedazzled baseball player; it's never boring.

What makes for a successful burlesque act?

I think having a great passion for your performance is what makes a great act. Someone can have a glorious costume, great music and choreography, but if you don't have heart, it can

What do you want people to understand about burlesque?

The history of burlesque is so rich, I would love for more people to know how deep burlesque's roots go! It was a birthing ground for so many great comics and jazz musicians. Its comedic and satirical style has influenced so many popular television programs and our culture.

Bella Blue

New Orleans

be naked!

What made you want to try burlesque?

I wanted to try out burlesque mainly as a way to keep dancing. It has taken me all over the world, and I have met so many incredible people along the wav.

What makes for a successful burlesque act?

A successful burlesque act is one that has your audience less focused on the fact that you are nearly naked/ naked and more enthralled with how you got that way.

Why do you love being a

burlesque performer?

I really love being a part of people's experiences and memories. To me, that is a huge honor. People come to shows for all kinds of reasons, and it's our job to make sure and put the audience first; what I get in return is a genuine connection with a stranger and the privilege of showing them my art. How cool is that?

What do you want people to understand about burlesque?

It's not an industry run by cookie-cutter expectations. It's a space where people create, inspire and get inspired, compete, perform, commune. It can be whatever you want

Johnny Nuriel and Isaiah Esquire

Portland, Oregon

How long have you been doing burlesque? Isaiah has been dancing in dance teams since the age of 15 and performing in burlesque shows for over a decade. I got my start in theater/opera, then aerial dance and have been performing in burlesque/ circus/variety show for five years. And when

we finally met each other, we knew what we had to do!

What makes for a successful burlesque act?

True attention to detail. When putting an act burlesque performer? together, Isaiah The most amazing pours his part about being mind into a performer every

of a piece: timing, staging, costume, accents, musicality. All elements must be

Why do you love being a

is having the ability to transport people to another world.

YOUR WEEKEND STARTS NOW

COMEDY

Literati

We all know someone who considers themselves "literary," wanting to tell you about the recent masterpiece they've consumed (or worse, written). They all tend to take themselves a little too seriously. But "Literati" the podcast that's coming to Union Hall on Thursday doesn't. In it, comedians read aloud from works of literature - sometimes with accents, and sometimes with wigs, hosted by Colin O'Brien and Michael Wolf. Sept. 21, 9:30 p.m., Union Hall, 702 Union St., Brooklyn, \$8-\$10, unionhallny.com

'All New Material, Girl Tour'

Comedian Jen Kirkman (who you may have seen on Netflix) is coming to NYC for two nights of all new material, and she's sharing the love in both Manhattan and Brooklyn. (Of course, if you're in Brooklyn, you knew about her before she was on Netflix.) Sept. 21 & 22, 8 p.m., The Highline & The Bell House, \$25-\$50, jenkirkman.com

Justin Sayre: 'I'm Gorgeous Inside'

From the former host of "The Meeting", a monthly comedycabaret series about gay culture and politics at Joe's Pub, "I'm Gorgeous Inside" is a full-length solo show that continues Sayre's tradition of combining story and music with homespun insights and plenty of insider gay references that will titillate fans while offering newcomers a peek at an artist who can more than stand on his own

Sept. 22-24, 9:30 p.m., Joe's Pub, 425 Lafayette St., \$25, ioespub.com

HOLIDAYS

Bowl Hashanah

You don't have to go back to Hebrew School for Rosh Hashana, but you can still make bubbe proud by ringing in the new year with Rabbi Dan Ain, who takes modern celebrants through traditions in simple and inclusive terms and sprinkles in some meditation, plus prayers with the Sway Machinery's Jeremiah Lockwood, who goes from traditional to contemporary on his guitar, backed up on keyboards and drums. Sept. 21, Brooklyn Bowl, 61 Wythe Ave., Brooklyn, \$40-\$90, brooklynbowl.com

TV

Tribeca TV Festival

Television is the new frontier of entertainment and at the Tribeca TV Festival you'll see new pilots and episodes from your favorite series, plus panels with the show's stars. Screenings are \$30, including activities like a VR experience taking you inside the mind of "Mr. Robot." Highlights include an appearance by Oprah, the cast of "Will & Grace", Trevor Noah and Amy Sedaris, and the series premiere of "Ten Days in the Valley" with Kyra Sedgwick. Sept. 22-24, Cinepolis Chelsea Theater, 260 W. 23rd St., \$30, tribecafilm.com

TECH

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Sept. 23-24, 10 a.m.-6 p.m., New York Hall of Science, 47-01 111th St., Corona, \$25-\$80, nysci.org

MUSIC

New York Hot Jazz Festival

Jam for 12 hours straight with 15 of the city's grooviest jazz bands at the New York Hot Jazz Festival, which is heating up the McKittrick Hotel at both Gallow Green and the Heath this Sunday. Now in its third year, this must for music-lovers brings together top acts like the Hot Sardines, the Brian Skonberg Sextet and the Gordon Webster Octet (with Charlie Turner). VIPs get reserved seating and brunch.

Sept. 24, 4 p.m., McKittrick Hotel, 542 W. 27th St., \$30-\$255, mckittrickhotel.com

Blues, Brews & **Botany**

Stimulate all of your senses with Blues, Brews & Botany at the New York Botanical Garden. Take in gorgeous flowers while listening to folk tunes and downing some delicious suds, all in one afternoon. The event includes discussions with botanists, a photography exhibit showcasing flora from the Dominican Republic, pours of beer and cider from . more than a dozen distilleries, and music from the Paul Josephs Blues Project. Sept. 23-24, noon-4 p.m., 2900 Southern Blvd., Bronx \$43, nybg.org



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Sept. 23-24, 11 a.m.-6 p.m., Brooklyn Expo Center, 72 Noble St., Brooklyn, free, sexexpo.com



Cruise Through the Festive Season with Hornblower

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Are you ready for the festive season? Want to make the most of it and finish the year on a high note? It's easier than you think to do the holidays differently and experience New York in a completely new way... whether you're a long-time local or new to the city.

And the best way to kick it all off is with Halloween aboard a Hornblower cruise. Because who doesn't love Halloween, right?

Whether it's a happy hour halloween cruise or a spooktacular party on a yacht you'll be able to cruise in costume as you wave your wands at the Statue of Liberty and conjure magic potion from the bar. Be a devil on the dance floor or just soak up the sights and frights.

Maybe dinner in style is a little more your speed. Then Thanksgiving is the way to sail into the season. There's nothing like seeing the sights of NYC from the water to remind why you're truly thankful to be a New Yorker. Experience always



changing, always amazing views of the Manhattan skyline along with a traditional Thanksgiving feast. It's the perfect way to spend time with the family without the burden of cooking and cleaning!

In fact you can make all your family and friends holiday gatherings free of work so you can enjoy yourself throughout the holidays, there's no better way to show out- on Hornblower! of-town guests how great New York City really is, with views they won't experience anywhere else.

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it a fantastic festive season aboard special holiday dinner cruises throughout December.

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It's been a long year, full of ups and downs. With Hornblower, the only ups and downs you'll experience is the gentle rhythm of the water below as you waters of 2018. New Year's Eve plans now. Cruises are booking fast. Watch the

fireworks from the best vantage point possible. Beat the crowds as you countdown to a new year in style with food, and most importantly, an open bar!

Don't let the year pass you by - you know what they say: do something different every day. This year, get out and experience the city you love love — from a different perspective. There's so much to choose from, you have no excuse... Make Hornblower a new holiday tradition!

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Best wines for fall under \$3

Summer is over, and with it rosé season. With fall comes sweater weather and amazing new ingredients, so we asked sommeliers and chefs at some of the hottest New York City restaurants — and the Northeast's largest wine cave in New Jersey! — what pairs best with the richer flavors now on their menus. And they're all under \$30, since you're likely saving up for the holidays. EVA KIS



Immich-Batterieberg C.A.I. Riesling Trocken, 2015

Chef/owner Gaurav Anand of Chelsea's avant garde Indian stunner aRoga recommends a wine that will stand up to his bold flavors. "Riesling is a classic pairing with Indian food, and this Mosel is one of the food-friendliest rieslings," he says. "It has a juicy character with brisk fruit, clean acids and mineral expression that work well with fall dishes such as butternut squash ke kofte in malai curry with saffron rice, or goat and lentil patties with fried onions and pomegranate." aRoga 206 Ninth Ave., aroganyc.com

Le Greniers du Moulin Muscadet Sevre-et-Maine Sur Lie, Chateau de la Gravelle

With oysters now served year round, it's easy to forget that traditionally oysters were consumed only in months containing the letter "r," and September marks the beginning of oyster season. Rather than serve them raw, chef Scott Campbell will be frying and seasoning them with fragrant peri-peri pepper, served over creamed spinach at his new modern steakhouse Butcher & Banker in October. "Muscadet is a classic companion to oysters. It is clean and crisp and blends well with the briny-spicy fried oysters and the rich spinach undertones of classic oysters Rockefeller. Not only is the wine at a very good price point, but it has great balance for the shellfish." 481 Ninth Ave., butcherandbankernyc.com



Cabernet Franc 2015, Ravines Wine Cellars

Besides its headline-making breakfast sandwiches, High Street on Hudson in the West Village is also known for its New American wine program. General manager and sommelier Jeff Arnold is already thinking ahead to Thanksgiving. "For fall, what I look for are Cabernet

Francs, which are soft, supple with a little spice," he says. "I call this a great 'turkey wine' — perfect for pairing with poultry, as well as dishes with pumpkin and cranberry. There is a New York state producer in the Finger Lakes, Ravines, making wonderful Cabernet Francs that retail just over \$20 per bottle."

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Fess Parker Viognier 2013, Santa Barbara Coun

"It's barely autumn and I'm not ready to let go of the fresh white wines yet!" says Susanne Wagner, sommelier at Restaurant Latour, the four-star dining destination at Crystal Springs Resort in Hamburg, New Jersey. "Viognier is perfect for this transition time. It's a richly textured creamy white wine, but has lots of fresh aromas like honeysuckle, honeydew melon, peach, jasmine, vanilla and brioche." Pair it with the brown butter-poached delicata squash, whose sweetness is complemented by the wine's ripe notes of peach and nectarine. 1 Wild Turkey Way, Hamburg, New Jersey; restaurantlatournj.com

Lopez De Heredia Cubilla Crianza 2008, Rioja, Spain

The massive upscale Japanese-Peruvian spot Sen Sakana opened this summer, but the cuisine will really hit its stride in the fall. Sommelier Zachary Gross is already thinking of fortifying flavors for the cool weather. "This wine has aromas of fresh red berries, cherry pit and pungent herbs, with subtle notes of vanilla," he explains. "This is the perfect wine to pair with hearty fall vegetables like broccoli rabe and beets." Order it with the quinoa chaufa, which has pork belly and added earthiness from king oyster mushrooms. 28 W 44th St., sensakana.com



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Your guide to Oktoberfest

Everything you need to know about the world's largest beer and folk festival.

FodorśTrave

Munich's Oktoberfest is one of the most hotly anticipated events on Europe's fall calendar with more than six million visitors every year. In 14 big and 20 small tents, they consume almost 1.5 million gallons of beer and munch their way through over half a million chickens, 280,000 pork sausages and 110 oxen. Oktoberfest is the epitome of German hospitality, but navigating the local customs while gulping beer can be a challenge. Here are our best tips for surviving the world's largest folk festival.

Choose the Right Outfit If you want to blend in

7-Day Alaska

7-Day Alaska

Costa 7-Day Europe

NORWEGIAN

10-Day Europe

with the locals, get over your shyness and buy or rent a traditional outfit. Women wear dirndls, a circular cut dress complete with apron and puffy short sleeves. Avoid buying dirndls hitting above the knee, which is frowned upon and will expose you as a tourist right away.

Men wear lederhosen, often in combination with suspenders, calf warmers and Haferl shoes. With copious amounts of alcohol being thrown about, broken glass and thousands of people in a confined space, this is not the occasion for fancy shoes, and solid footwear is the sensible choice. Dress appropriately for both inside and outside conditions as the tents get very hot the longer the day goes on, but you'll hit the cooler autumn air once you leave in the evenings.

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Nearly six million people make a pilgrimage to Munich for Oktoberfest every year. ALL PHOTOS GETTY IMAGES

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stereotype suggests - you're right! Many tables in the most popular tents like Käfer's Wiesnschänke get booked well in advance. There is no reason to panic if you haven't done so yet. In 2013, the rules were changed to give more space for people without reservations. Some tents can sit up to 10,000 people, but you need to get there early to snatch a table. Tents open at 10 a.m. during the week and at 9 a.m. on the weekends.

Sharing Is Caring Oktoberfest is all about Bavarian Gemütlichkeit. The long wooden tables are communal, so don't hog a whole one for yourself and make new friends over gulping steins of beer. The locals even have a term for this: Wiesenbekanntschaft, which means "Oktoberfest acquaintance." These newfound friends will also come in handy when you need a bathroom break as they can save your seat.

Drink Like a German When ordering a beer, ask for a mass, not a stein (actually called a Bierkrug in German). A mass is 1 liter of beer and the standard measure at Oktoberfest.

Drinking an entire day without getting drunk (or going bankrupt) is quite a challenge, so make each mass last. Hold the beer glass by its handle (with one hand if you can), clank at the bottom, and toast a cheerful "Prost!" Note that the local wheat beer is strong stuff (up to 8 percent

Arrive dressed to impress!

Should your beverage get warm, it's perfectly OK to tip it out, but never ever consolidate beer. If you need a break from beer, ask for a Radler (beer with lemonade) or alcoholfree soda. At the end of the day, there will be plenty of Bierleichen, literally translated to "beer corpses," or the slightly nicer "sleeping drunks" found around the fairgrounds or on Kotzhügel (puke hill).

Respect the Servers

Once you've finally made it into the tent and to your seat, you can relax a bit as there is a dedicated server who looks after several tables. Order from her unless you're standing, in which case, the windows by the kitchen are an alternative. Running around for hours, carrying up to eight full beer glasses and squeezing through tight crowds is a tough job. Keep your hands to yourself, even

if you're just trying to get her attention, and tip generously.

Cash Is King Entrance to the fairgrounds and tents is free, but you'll need money for everything else from rollercoaster rides to food stalls. For Oktoberfest, a few places will accept credit cards (often with a minimum spend), but bring plenty of cash as a mass of beer will set you back around 10.50 euros (\$12.50). There are some ATMs on the grounds, but the lines will be long. It's very common to pay a small pfand (deposit) for glasses, plates and silverware, thanks to the mass theft of "souvenirs" in the past. Upon returning the dishes,

you'll get your deposit

Numbers don't lie: **Giants O-line is bad**

While it's hard to quantify the performance of an offensive line, Pro Football Focus shows just how bad the Giants protection unit has been.



The numbers back up the perception that the New York Giants offensive line not only appears bad but is playing downright poorly. The constant pressure and hits on quarterback Eli Manning a major factor in their disappointing 0-2 start to the season.

There is no denying that the Giants offensive line has underwhelmed or on the flip side, perhaps it has lived up to expectations.

This is a unit that was among the worst in the league a year ago and received no major upgrades this past offseason as Giants management largely ignored the pressing issue in free agency and then the NFL draft.

So maybe it hasn't underwhelmed. Maybe it has simply whelmed.

Maybe it is living up to what it should be and that is a simply subpar

Failure to upgrade the offensive line has been a theme for the Giants for over two years now, including using first round picks on a cornerback last year and a tight end this past April.

Neither pick was bad or poor, but they didn't address glaring needs along the line.

And five sacks of Manning on Monday

night in a 24-10 loss to the Detroit Lions underscores the pressing issues surrounding pass protection. An issue that data obtained from Pro Football Focus backs up.

"Through Week 2 of the NFL season the Giants highly scrutinized offensive line ranks 27th in pass blocking efficiency, surrendering pressure on 30.1 percent of dropbacks," said Pro Football Focus analyst Ryan Smith. "Left tackle Ereck Flowers has given up four sacks, the second most among [offensive tackles| in the NFL."

Those are scary numbers. Scary bad numbers.

Flowers has drawn the brunt of the criticism to date, with Pro Football Focus giving him a 47.3 grade for Monday night in a game in which he conceded three sacks and a pressure.



Giatns quarterback Eli Manning has been sacked eight times in the first two games of the 2017 season. GETTY IMAGES

According to Pro Football Focus, largely considered the best analytics site covering the NFL, Flowers was graded No. 43 out of 62 eligible tackles.

The Giants as a whole, in numbers obtained from PFF, had a "Pass Blocking Efficiency" rank of No. 27 in the league based on Week 2. They allowed 14 pressures on 37 dropbacks or passing

A look at PFF's grades for the Giants starting offensive line:

LT Ereck Flowers

LG Brett Jones

C Weston Richburg 55.3 RG John Jerry

RT Justin Pugh

Of particular note, Pugh's grade was dragged down significantly by a run-block grade of 37.7 in the Lions game.

McAdoo could give up offensive play calling

New York Giants head coach Ben McAdoo might give up the team's offensive playcalling responsibilities, he told reporters on Wednesday, according to Sports Illustrated.

'We can't keep doing the same thing over and over again. That's insanity. It's not working. So we're going to look to make some changes this week, like we did last week, maybe a little bit more drastic this week, to use your word. If that means giving up play-calling duties, that's something that [the offensive staff will look at, that we'll talk about."

If McAdoo does give it up, offensive coordinator Mike Sullivan is the favorite to start calling the plays. He hasn't called offensive plays since he was the Tampa Bay Buccaneers' offensive coordinator in 2013.

The Giants offense has been in absolute shambles over the first two weeks of the



head coach Ben McAdoo thinking about handing in his playbook.

2017 season. It's the main reason why they have started 0-2 for the fourth time in the past five seasons.

The Eli Manning-led offense has only been able to generate a single touchdown, which came during a 24-10 loss to the Detroit Lions. Only the San Francisco 49ers and Cincinnati Bengals

have scored less than New York's 13 total points this season.

Manning has been running for his life through most of the eight quarters he's played in as he's been sacked eight times, including five on Monday night.

When he hasn't been sacked, he's been hit, hassled and harried into dumping off short, quick passes that have not been enough to get the offense into any sort of rhythm.

It also doesn't help that the running game is a complete nonfactor as a by-product of the inept offensive line. The Giants rank dead last in the league with 97 rushing yards in two games.

McAdoo and his squad won't get much of a reprieve either come Week 3 as they are facing the best pass rush in the NFC East with the Philadelphia Eagles. JOE PANTORNO



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Carmelo Anthony (right) could call Chris Paul (left) and James Harden (center) his teammates in Houston. GETTY IMAGES

Melo could be a **Rocket by Monday**

The Knicks veteran star might be granted his wish of playing for Houston.



New York Knicks star Carmelo Anthony will only waive his no-trade clause if he were dealt to the Houston Rockets.

His wish actually might come true sooner rather than later.

A report by Frank Isola of the New York Daily News revealed that Anthony's representation is "cautiously optimistic" that he will be traded before Monday:

"Two weeks ago, Carmelo's wife, La La, said the family thought a trade would have been completed by now. Mentally, Carmelo and his family have moved on to Houston. Reality is another story.'

The 10-time All-Star has been the subject of trade rumors for most of the summer, especially after the free agency window opened up in July.

He approached the Knicks to buy out the remaining two years, \$54 million of his contract in late June. While then-president Phil Jackson was ready to oblige, Knicks owner James Dolan was not, resulting in Jackson's departure from the team.

Despite Steve Mills taking over and the entry of new general manager Scott Perry, Anthony's desire to leave the team didn't change. However, they would be on his own terms.

Anthony made it be known that he would only allow a trade to either the defending Eastern Conference champion Cleveland Cavaliers or the Houston Rockets, who added All-Star point guard Chris Paul to a lineup that already features MVP runner-up

James Harden. But after Kyrie Irving's drama that resulted in him being shipped to the Boston Celtics, Anthony took Cleveland off his list.

Unfortunately for Anthony and the Knicks, the Rockets are just not a good trade partner.

They shipped seven players off to the Los Angeles Clippers in order to get Paul and the remaining assets they have are either underwhelming or make no sense in bringing on.

The best Houston has to offer is power forward Ryan Anderson, who is making over \$60 million over the final three years of his contract. Not only is that an unnecessary contract to bring on given the rebuilding status of this team, but Anderson wouldn't have a place to play on this team.

Kristaps **Porzingis** will hold down the power forward position for the next decade, at least, leaving the team with nowhere to put the fairly one-dimensional big man.

The Knicks and Anthony's best hope of getting a deal done was getting a third team involved, allowing Houston to get rid of Anderson's contract while the Knicks get something better in return.

If Anthony's camp is optimistic that a deal is close to getting done, then a third team might have been found.

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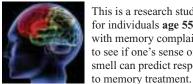
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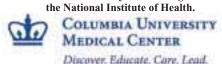
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NOTICE IS HEREBY GIVEN that a license, Number Pending, for Restaurant Wine has been applied for by the undersigned to sell Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 368 W. 46th Street, New York, NY 10011. New York County, for on-premises consumption. Kuni's Corporation d/b/a Ikinari Steak

LEGAL NOTICES

NOTICE OF FORMATION of ROJAVA LLC. Articles of Org. filed with the Secy. of State of New York (SSNY) on 12/15/2016. Office location: New York County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 2205 3rd Ave. #8B, New York, NY 10035. Purpose: Any lawful activity.

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NOTICE IS HEREBY GIVEN that a license, Number Pending, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Tavern under the Alcoholic Beverage Control Law at 364 Prospect Ave., Brooklyn, NY 11215, Kings County, for on premises consumption. Feluccio, LLC d/b/a Sips N Bites.

NOTICE IS HEREBY GIVEN that a license, Number Pending for Beer, Wine & Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Restaurant under the Alcoholic Beverage Control Law at 40-15 150th St., Flushing, NY, for on premises consumption. Musicbox

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Across

- 1 High spirits
- 5 Caribbean dance
- 10 Quick lunch
- 13 Menu phrase (2 wds.)
- 15 Take place
- 16 Golfer -- Trevino
- 17 Involuntary jump
- 18 Trawler net
- 19 Rustic hotel
- 20 Cotton and wool
- 22 Makes shore
- 24 Foul callers
- 25 Loathe
- 27 Refrain
- 30 Delhi coin
- 31 Frav
- 32 -- slaw 33 Warrior princess
- 37 So!
- 38 Breathes
- 41 Family mem.
- 42 Lavish party 44 Counting-out word
- 45 PC message
- 47 Foreshadows
- 49 Paltry
- 50 Shellfish
- 53 Cradles
- 54 Sign after Pisces 55 Manicure targets
- 59 Tumult

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63 Unsophisticated

- 64 Shad's eggs
- 65 Wash away
- 66 Kermit's color
- 67 Conclude
- 68 Smelting residue 69 A relative

- 1 Toward sunrise
- 2 Troubadour prop
- 3 Bon Ami rival 4 Tend carefully
- 5 Misplaces
- 6 Covers with frosting 7 1101, in old Rome
- 8 Sweet roll
- 9 Verbal threat (2 wds.)
- 10 Russian pancakes
- 11 Extends credit
- 12 Stressed out 14 Sights and sounds

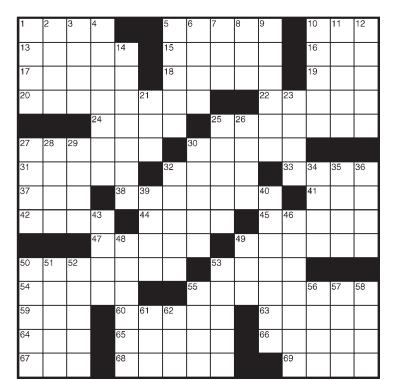
21 CD preceders 23 Pinnacle

- 25 In a blah manner
- 26 Fencing sword 27 Rugged cliff
- 28 Joke response (hyph.)
- 29 Almond-shaped
- 30 Chestnuts and bays
- 32 Kiss target
- 34 Pitchers' stats
- 35 Diamond or Armstrong 36 Band together
- 39 Beatty and Rorem
- 40 Ranking
- 43 Efficient
- 46 Lash darkener
- 48 Deposed
- 49 Got acquainted
- 50 Pedro's mom
- 51 Hunter of myth
- 52 Like most jackets 53 Train alternatives
- 55 Two-timers
- 56 Stead

hard

- 57 Squared away
- 58 Dispatched
- 61 Bobby of hockey 62 Moo -- gai pan

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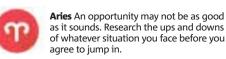


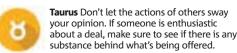
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4				6		1	3	
9		2			1			
1			2		8			4
3						7		
	4	9				3	2	
		7						1
7			8		9			3
			5			6		8
	8	1		3				9

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Gemini An opportunity to make a work-related change is encouraged. Discuss your options with someone who is already working in a vocation that interests you.

Cancer A steady, levelheaded approach to life and dealing with others will help you bypass discord. Refuse to let your emotions spin out of control and lead to impulsive actions.

Leo Take care of your responsibilities before moving on to enjoyable pastimes if you want to avoid complaints or criticism. A change may tempt you, ensure you can afford it.

Virgo Walk away from a financial deal that leaves you feeling uncertain. Bank on what you know to be legitimate, and don't budge if someone puts pressure on you.



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Libra A disagreement should be handled carefully. A fair solution may not be enough. Offer an incentive that you know will be too difficult to refuse.



Scorpio Someone will take advantage of your vulnerability if you share your emotional concerns. Keep your personal thoughts and affairs secret. Concentrate on getting ahead.



Sagittarius Confusion will set in while you are traveling or trying to obtain information. Ask questions that will help you better understand the changes going on around you.



Capricorn Emotional matters will escalate if someone is pressuring you or if you try to force your will on others. You are best off handling matters and doing things on your own.



Aquarius A change will do you good. An unexpected opportunity will boost your enthusiasm and encourage you to get involved in a joint venture.



Pisces Physical as well as professional changes will boost your morale, giving you an extra appeal. Partnerships are encouraged. EUGENIA LAST

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